

# PSYCHOLOGY

## Contact Information

### Division

Liberal Arts

### Dean

Patrick Marasso

### Associate Deans

Soni Verma, Maria Villasenor

### Division Office

W 107, Rocklin Campus

## Overview

Psychology is the scientific discipline concerned with the study of behavior. Courses are designed to give students academic preparation in several areas of Psychology while concurrently providing material that can be usefully applied to their own lives.

TRANSFER MAJOR REQUIREMENTS in Psychology are available in the Counseling Center. In all cases, students should consult with a counselor for specific transfer requirements. Four-year graduates in Psychology are qualified for careers in probation, juvenile counseling, rehabilitation and several other fields in the private sector and in government agencies that relate to the helping services.

## Faculty

### Katharine L. Campi

#### Professor, Psychology

B.S., State University of New York at Cortland  
M.A., University of California, Davis  
Ph.D., University of California, Davis

### Stephanie M. Coday

#### Professor, Psychology/Women and Gender Studies

B.A., San Diego State University  
M.A., Alliant International University

### Brigitte Elder

#### Professor, Psychology

B.A., University of California, Los Angeles  
M.A., University of California, Davis  
Ph.D., University of California, Davis

### Michelle Laird

#### Assistant Professor, Psychology

B.A., California State University, Sacramento  
MBA., Webster University  
Ph.D., Walden University

### Robert C. Lennartz

#### Professor, Psychology

B.S., University of Southern California  
Ph.D., University of California, Irvine

### Jeanne Rachelle Soles

#### Professor, Psychology

B.A., California State University, Fresno  
M.A., Fresno Pacific University

### Kathleen A. Taylor

#### Professor, Psychology/Women and Gender Studies

B.A., California State University, Sacramento  
M.A., California State University, Sacramento  
M.A., University of California, Davis  
Ph.D., University of California, Davis

### Dean A. Yoshizumi

#### Professor, Psychology

B.A., California State University, Fullerton  
M.A., California State University, Los Angeles  
Ph.D., University of Iowa

## Degrees/Certificates

### Associate Degree for Transfer

- Psychology for Transfer (p. 1)

### Associate Degree

- Psychology (p. 2)

## Psychology for Transfer

### AA-T Degree

Psychology is defined as the scientific study of behavior. The degree program allows students to utilize research methods; evaluate the credibility of research, theories and applications; understand the core fields, paradigms and theories; apply psychological concepts, theoretical perspectives, empirical findings and historical trends to questions and issues in personal experience and contemporary society; and understand the ethical standards in academic and applied psychology.

The Associate in Arts in Psychology for Transfer degree (AA-T) prepares students to transfer into the CSU system to complete a bachelor's degree in Psychology or a major deemed similar by a CSU campus. Students earning an associate degree for transfer and meeting the CSU minimum transfer admission requirements are guaranteed admission with junior standing to the CSU system, but not to a particular campus or major. Upon transfer, students will be required to complete no more than 60 additional prescribed units to earn a bachelor's degree.

To earn the Associate in Arts in Psychology for Transfer degree, students must complete 60 CSU-transferable semester units with a minimum grade point average of 2.0, including both of the following:

- completion of all courses required for the major with grades of "C" or better; and
- completion of the California State University General Education Breadth (CSU GE) (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/general-education/california-state-university-general-education-breadth-requirements/>) pattern or the Intersegmental General Education Transfer Curriculum (IGETC) (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/general-education/intersegmental-general-education-transfer-curriculum-igetc/>) pattern. (Students transferring to a CSU campus using IGETC must complete Area 1C Oral Communication to be eligible for admission.)

The exact wording of the law pertaining to associate degrees for transfer may be found in Education Code Section 66746.

It is highly recommended that, prior to transferring, students complete courses that satisfy the CSU United States History, Constitution and

American Ideals graduation requirement. In all cases, students should consult with a counselor for more information on university admission and transfer requirements.

**RESTRICTION:** International coursework from non-United States regionally accredited institutions cannot be applied to associate degrees for transfer.

### Required Courses

| Code   | Title  | Units        |
|--|--|--------------|
| PSYC 0100  | General Principles of Psychology   | 3            |
| PSYC 0105  | Research Methods in Psychology   | 4            |
| PSYC 0142  | Introduction to Psychological Statistics                                 | 3-4          |
| or MATH 0013   | Elementary Statistics  |              |
| <b>Select 4 units from the following:</b>  |  | <b>4</b>     |
| BIOL 0011  | Concepts of Biology  |              |
| BIOL 0056 & 0056L  | Biology: A Human Perspective and Biology: A Human Perspective Laboratory |              |
| PSYC 0140 & 0140L  | Introduction to Biopsychology and Biopsychology Laboratory               |              |
| <b>Select 3 units from the following:</b>  |  | <b>3</b>     |
| ENGL 0001B   | Critical Thinking and Writing about Literature                           |              |
| PSYC 0103  | Social Psychology  |              |
| PSYC 0104  | Developmental Psychology   |              |
| SOC 0001   | Introduction to Sociology  |              |
| <b>Select 3-4 units from the following or any unused course from the preceding area:</b> |  | <b>3-4</b>   |
| PSYC 0102  | Navigating Psychology: The Major and Careers                             |              |
| PSYC 0107  | Abnormal Psychology  |              |
| PSYC 0127  | Psychology of Women  |              |
| PSYC 0130  | Human Sexuality  |              |
| PSYC 0150  | Alcohol, Drugs and Society   |              |
| PSYC 0180  | Cultural Psychology  |              |
| <b>Total Units</b>   |  | <b>20-22</b> |

## Psychology

### AA or AS Degree

The Psychology major provides preparation for upper-division coursework in Psychology at a four-year university. The degree program allows students to develop an understanding of the biological, cognitive and social aspects of human behavior as well as the methodological and experimental practices in the field. Students should choose the emphasis or track appropriate to the transfer institution or area of interest. In all cases, students should consult with a counselor for more information on university admission and transfer requirements. Students must fulfill the following major requirements with grades of "C" or better, complete a minimum of 60 degree-applicable semester units (12 of which must be completed at Sierra College) with a grade point average of at least 2.0 and complete one of the following three general education patterns:

- Sierra College Associate Degree Requirements (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/general-education/associate-degree-requirements/>);
- California State University General Education Breadth (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/>

general-education/california-state-university-general-education-breadth-requirements/) pattern;

- Intersegmental General Education Transfer Curriculum (IGETC) (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/general-education/intersegmental-general-education-transfer-curriculum-igetc/>).

### Required Courses

| Code                                      | Title                                    | Units        |
|---|--|--------------|
| PSYC 0100                                 | General Principles of Psychology         | 3            |
| PSYC 0105                                 | Research Methods in Psychology           | 4            |
| PSYC 0142                                 | Introduction to Psychological Statistics | 3-4          |
| or MATH 0013                              | Elementary Statistics                    |              |
| <b>Select 9 units from the following:</b> |  | <b>9</b>     |
| ANTH 0001                                 | Biological Anthropology                  |              |
| ANTH 0002                                 | Cultural Anthropology                    |              |
| BIOL 0001                                 | General Biology                          |              |
| or BIOL 0006                              | Human Physiology                         |              |
| or BIOL 0010                              | Introduction to Biology                  |              |
| or BIOL 0011                              | Concepts of Biology                      |              |
| or BIOL 0056                              | Biology: A Human Perspective             |              |
| PSYC 0103                                 | Social Psychology                        |              |
| PSYC 0104                                 | Developmental Psychology                 |              |
| PSYC 0107                                 | Abnormal Psychology                      |              |
| PSYC 0140                                 | Introduction to Biopsychology            |              |
| PSYC 0140L                                | Biopsychology Laboratory                 |              |
| PSYC 0106                                 | Psychology of Adjustment                 |              |
| or PSYC 0127                              | Psychology of Women                      |              |
| or PSYC 0130                              | Human Sexuality                          |              |
| or PSYC 0160                              | Psychology and Film                      |              |
| <b>Total Units</b>                        |  | <b>19-20</b> |

## Courses

Understanding course descriptions (<http://catalog.sierracollege.edu/archive/2023-2024/student-resources/course-information/understanding-course-descriptions/>)

### PSYC 0028. Independent Study

*Units: 1-3*

Designed for students interested in furthering their knowledge at an independent study level in an area where no specific curriculum offering is currently available. Independent study might include, but is not limited to, research papers, special subject area projects, and research projects. See Independent Study page in catalog. (CSU, UC-with unit limitation)

### PSYC 0100. General Principles of Psychology

*Units: 3*

Hours: 54 lecture

Introduction to the scientific study of behavior and mental processes. Focuses on the exploration of major psychological theories and concepts, methods, and research findings in psychology. Topics include the biological bases of behavior, perception, cognition and consciousness, learning, memory, emotion, motivation, development, personality, social psychology, psychological disorders and therapeutic approaches, and applied psychology. (C-ID PSY 110) (CSU, UC)

**PSYC 0102. Navigating Psychology: The Major and Careers***Unit: 1*

Prerequisite: Completion of PSYC 100 with grade of "C" or better

Hours: 18 lecture

Provides an overview of the discipline of psychology, including expectations for the psychology major, and career options in various areas, such as academic psychology, applied behavior analysis, counseling and mental health, education, industrial-organizational psychology and related fields. Students design plans of study and clarify their career goals through activities such as interviewing a professional in the field of psychology, resume writing, and interviewing. (CSU)

**PSYC 0103. Social Psychology***Units: 3*

Formerly known as PSYC 3

Hours: 54 lecture

Study of human interaction with emphasis on the individual within a social context. Topics include development of the self, social perception, interpersonal attraction, prejudice and discrimination, attitude change, moral development, altruism, aggression, social influence, power and leadership, and interaction in groups. (C-ID PSY 170) (CSU, UC)

**PSYC 0104. Developmental Psychology***Units: 3*

Formerly known as PSYC 4

Advisory: Completion of PSYC 100 with grade of "C" or better

Hours: 54 lecture

An overview of development from conception to death. Includes socioemotional, language and cognitive development, nature versus nurture, attachment, gender role development, and family structures. Examines psychological theories that apply to the lifespan. A multicultural and multiethnic approach is stressed and the differences in child parent interaction are explored in these contexts. (C-ID PSY 180) (CSU, UC)

**PSYC 0105. Research Methods in Psychology***Units: 4*

Formerly known as PSYC 5

Prerequisite: Completion of PSYC 100 with grade of "C" or better; completion of PSYC 142 or MATH 13 with grade of "C" or better

Advisory: Completion of ENGL 1A with grade of "C" or better

Hours: 108 (54 lecture, 54 laboratory)

Introduction to research methodology, experimental design, and hypothesis testing in the behavioral sciences. Includes the execution, analysis (with statistical software), interpretation, and reporting of individual research projects. (C-ID PSY 205B) (CSU, UC)

**PSYC 0106. Psychology of Adjustment***Units: 3*

Formerly known as PSYC 6

Hours: 54 lecture

Basic theories of personal and social adjustment. Use of psychological principles and methods in adapting to the challenges of life. Topics include self image and self esteem, interpersonal relations, stress management, mental health and illness, and approaches to personal growth. (C-ID PSY 115) (CSU, UC)

**PSYC 0107. Abnormal Psychology***Units: 3*

Formerly known as PSYC 7

Advisory: Completion of PSYC 100 with grade of "C" or better; Eligibility for ENGL 1A

Hours: 54 lecture

Introduction to descriptive psychopathology: the origin, nature, and treatment of psychological and behavioral disorders, including discussion of relevant ethical and diagnostic issues. Major topics include research methods, schizophrenia, anxiety-related disorders, trauma- and stressor-related disorders, depressive disorders, bipolar disorders, obsessive-compulsive and related disorders, personality disorders, eating disorders, substance use and addictive disorders, gender dysphoria, and conflicting models of psychopathology. (C-ID PSY 120) (CSU, UC)

**PSYC 0108. Psychology of Death and Dying***Units: 3*

Formerly known as PSYC 8

Hours: 54 lecture

An investigation of beliefs, attitudes, and behaviors associated with death, dying and bereavement. Terminal illness, suicide, euthanasia, last rites, legal aspects, death anxiety, cross-cultural beliefs and various philosophical views on the phenomenon of death are explored. (CSU, UC)

**PSYC 0110. Psychology of Intimate Relationships and Family***Units: 3*

Formerly known as PSYC 10

Also known as HDEV 21

Hours: 54 lecture

Study of the meaning and functions of intimate relationships and family. Consideration given to the nature of commitments, sexuality, alternative relationships, communication, conflict resolution, economics, parenting, crises, and marital separation. Recommended for majors in Human Development and Family and for those in human service careers. (CSU, UC)

**PSYC 0127. Psychology of Women***Units: 3*

Formerly known as PSYC 27

Hours: 54 lecture

Study of the psychological effects of society upon women including biology, culture, social processes, and personality. Emphasis placed on what it means to grow-up female in different contexts with particular emphasis on the effects of culture, class, and ethnicity. (CSU, UC)

**PSYC 0130. Human Sexuality***Units: 3*

Formerly known as PSYC 30

Hours: 54 lecture

Overview of human sexuality from birth through adulthood: Covers major topics such as gender, sexual anatomy, sexually-transmitted infections, sexual response and disorders, sexual orientation, sexual coercion, and commercial sex. (C-ID PSY 130) (CSU, UC)

**PSYC 0140. Introduction to Biopsychology***Units: 3*

Formerly known as PSYC 40

Prerequisite: Completion of PSYC 100 with grade of "C" or better

Advisory: Eligibility for ENGL 1A

Hours: 54 lecture

An introduction to biopsychology focusing on the relationship between the nervous system and behavior. Emphasis on physiological, biochemical, and neuroanatomical foundations of behavior and mental processes. Topics include the central nervous system function and its relation to psychoactive drug effects, sensory/perceptual processes, sleep and dreaming, learning phenomena, memory mechanisms, human communication disorders, and abnormal behavior. (C-ID PSY 150) (CSU, UC)

**PSYC 0140L. Biopsychology Laboratory***Unit: 1*

Formerly known as PSYC 40L

Corequisite: Completion with grade of "C" or better or concurrent enrollment in PSYC 140

Hours: 54 laboratory

Focuses on the applied study of the nervous system and its connection to behavior. Specific topics include organization of the brain, anatomy and physiology of the neuron and an examination of sensory motor systems and states of consciousness. Students are introduced to sheep brain and cow eye dissection procedures, interactive computer simulation programs and lab experiments including EEG and EMG data collection. (CSU, UC)

**PSYC 0142. Introduction to Psychological Statistics***Units: 3*

Formerly known as PSYC 42

Prerequisite: Completion of MATH D with grade of "C" or better

Hours: 54 lecture

Statistical procedures used for experimental analysis in the social and behavioral sciences. Descriptive and correlational statistics, parametric and nonparametric inference tests, and current controversies in hypothesis testing. (C-ID MATH 110) (C-ID SOCI 125) (CSU, UC-with unit limitation)

**PSYC 0150. Alcohol, Drugs and Society***Units: 3*

Formerly known as PSYC 50

Hours: 54 lecture

The use, misuse, and abuse of all major families of psychoactive drugs, including opioids, stimulants, tobacco, marijuana, hallucinogens, alcohol, psychotherapeutic drugs, and sedative-hypnotics. Topics covered include cross-cultural usage, theories of addiction and treatment, government regulation, and mechanisms of drug action. (CSU)

**PSYC 0160. Psychology and Film***Units: 3*

Formerly known as PSYC 60

Hours: 54 lecture

Analysis of a selection of modern and contemporary films that have played a critical role in shaping and reflecting cultural assumptions and fears about psychology and psychological states. Examination of how motion pictures depict mental illness, relationships, and other psychologically relevant issues, as well as how films depict the field of psychology itself. Topics include universal themes, the psychological value of filmmaking and viewing, application of theories and concepts, accuracy in the depiction of psychological variables, and psychological impact. (CSU, UC)

**PSYC 0180. Cultural Psychology***Units: 3*

Prerequisite: Completion of PSYC 100 with grade of "C" or better

Hours: 54 lecture

Examination of psychological principles and theory emphasizing both contemporary and historical research on the influence of culture on human mind and behavior. Topics include the interplay between culture and developmental processes, cognition, emotion, motivation, world-view development, communication, gender, sexuality, health, social behaviors and cultural evolution. (CSU, UC)

**Program Student Learning Outcomes (PSLOs)**

- Appraise the research methods used in the field of psychology.
- Apply critical thinking skills to evaluate the credibility of research, theories, and applications in the field of psychology.
- Differentiate the core fields, paradigms, and theories of psychology.
- Apply psychological concepts, theoretical perspectives, empirical findings, and historical trends in psychology to questions and issues in their own lives and in contemporary society.
- Describe and apply ethical standards in academic and applied psychology.